



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #13

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Cinnamon Raisin Oatmeal	Cinnamon French Toast		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole fruit/vegetable</b>	Apples- fresh	Banana- fresh	Pears- canned, unsweetened	Apricots- canned, unsweetened	Oranges- fresh
Grains/Bread Component <b>5x Whole Grain, 1x sweet</b>	Cheerios cereal (WG)	Oatmeal (WG)	Whole Wheat French Toast (WG) (HM)	Whole Wheat Toast (WG)	Whole Wheat Pop Tarts (WG) (sweet)
Other Foods <b>1x Meat/Meat Alternate</b>		Cinnamon/Raisins	Cinnamon **no syrup**	Scrambled Eggs	
<b>LUNCH</b>	Corn Dogs (CN)	Tater Tot Casserole	BBQ Chicken (HM)	Pork and Noodles	Turkey Wrap
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Peas and Carrots- canned	Tater Tots- frozen	Green Beans- canned	Mixed Vegetables- canned	Celery- fresh; Raisins- dried
<b>2x fresh</b>	Pears- canned, unsweetened	Oranges- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain</b>	Breading (CN)	White Rice	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Corn Dogs (CN)	Ground Beef, Cheese	Chicken	Pork	Turkey, Cheese
Other Foods			BBQ Sauce		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Puppy Chow (HM)		Banana Stackers		
Fluid Milk	Skim Milk				
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>		100% Apple Juice	Banana- fresh		Apples- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Whole Grain Corn Chex cereal (WG)	Pretzels	Whole Wheat Graham Crackers (WG)	Whole Wheat Bread Stick (WG)	Cheez Its
Meat or Meat Alternate <b>1x Meat/Meat Alternate</b>				Cheese Stick	
Other Foods, <b>1x sweet</b>	Peanut Butter; Chocolate Chips (sweet)				



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Peanut Butter Banana Wrap		Turkey Sausage Biscuit		Apple Pancakes
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole fruit/vegetable</b>	Banana- fresh	Oranges- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Applesauce- unsweetened
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Whole Wheat Tortilla (WG)	Cheerios cereal (WG)	Whole Wheat Biscuit (WG)	Cinnamon Rolls (sweet)	Pancakes
Other Foods <b>1x Meat/Meat Alternate</b>	Peanut Butter		Turkey Sausage		**no syrup**
<b>LUNCH</b>	Chicken Nuggets (HM)	BBQ Cups (HM)	Meatloaf (HM)	Chicken Alfredo	Tuna Stackers
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Sweet Potato Fries- frozen	Corn- canned	Mashed Potatoes- dried	Green Beans- canned	Cucumbers and Tomatoes- fresh
	Grapes- fresh	Pears- canned, unsweetened	Banana- fresh	Peaches- canned, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Bread Crumbs (WG)	Whole Wheat Biscuits (WG)	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Crackers
Meat or Meat Alternate <b>0x highly processed</b>	Chicken	Ground Beef, Cheese	Ground Beef	Chicken	Tuna, Cheese
Other Foods		BBQ Sauce		Alfredo Sauce	Ranch
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Ants on a Log		Orange Stackers	
Fluid Milk					Skim Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Apples- fresh	Celery, Raisins	100% Apple Juice	Oranges- fresh	
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>			Whole Wheat Goldfish Crackers (WG)	Crackers	Chocolate Chip Cookies (sweet)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Yogurt	Peanut Butter			
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		French Toast (HM)		Cheese Muffin	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole fruit/vegetable</b>	Oranges- fresh	Fruit Cocktail- canned, unsweetened	Banana- fresh	Peaches- canned, unsweetened	Apples- fresh
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Whole Wheat Pop Tarts (WG) (sweet)	Whole Wheat French Toast (WG) (HM)	Cheerios cereal (WG)	English Muffin	Oatmeal (WG)
Other Foods <b>1x Meat/Meat Alternate</b>		Turkey Sausage **no syrup**		Cheese	Raisins
<b>LUNCH</b>	Bean and Cheese Quesadilla	Chicken and Noodles	Nachos	BBQ Pork (HM)	Sub Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables  <b>3x fresh</b>	Peas and Carrots- canned	Mixed Vegetables- canned	Lettuce- fresh	Corn- canned	Sweet Potato Fries- frozen
	Pears- canned, unsweetened	Oranges- fresh	Pineapple- canned, unsweetened	Apricots- canned, unsweetened	Oranges- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Tortilla (WG)	Whole Wheat Spaghetti (WG)	Corn Chips	Whole Wheat Bread (WG)	Hot Dog Buns
Meat or Meat Alternate <b>0x highly processed</b>	Bean, Cheese	Chicken	Ground Beef, Cheese	Pork	Turkey, Ham, Cheese
Other Foods			Salsa	BBQ Sauce	Lettuce- fresh
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Banana Stackers				Yogurt O's
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Banana- fresh	Apples- fresh		100% Apple Juice	
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Graham Crackers (WG)	Cheez Its	Whole Wheat Animal Crackers (WG)	Whole Wheat Bread Stick (WG)	Cheerios cereal (WG)
Meat or Meat Alternate <b>1x Meat/Meat Alternate</b>					Yogurt
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Peanut Butter Banana Pancakes			Cinnamon Toast
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole fruit/vegetable</b>	Apples- fresh	Banana- fresh	Applesauce- unsweetened	Oranges- fresh	Fruit Cocktail- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Whole Grain Nutri-Grain Bars (WG) (sweet)	Pancake	Whole Wheat Biscuit (WG)	Cheerios cereal (WG)	Whole Wheat Toast (WG)
Other Foods <b>2x Meat/Meat Alternate</b>		Peanut Butter **no syrup**	Scrambled Eggs		Butter, Cinnamon
<b>LUNCH</b>	Ham and Cheese Sandwich	Chicken and Rice	Baked Spaghetti	Hot Dogs	Personal Pizza (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables <b>4x fresh</b>	Tater Tots- frozen	Mashed Potatoes- dried	Green Beans- canned	Cucumber and Tomatoes- fresh	Celery- fresh' Raisins- dried
	Oranges- fresh	Apricots- canned, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened	Apples- fresh
Grains/Bread Component <b>2x Whole Grain</b>	Whole Wheat Bread (WG)	White Rice	Whole Wheat Spaghetti (WG)	Hot Dog Buns	English Muffin
Meat or Meat Alternate <b>0x highly processed</b>	Ham, Cheese	Chicken	Ground Beef, Cheese	Hot Dogs	Cheese
Other Foods					Pizza Sauce
<b>SUPPLEMENT</b> Serve 2 of 4 choices.	Cheese and Crackers	Trail Mix			
Fluid Milk				Skim Milk	
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>		100% Apple Juice	Banana- fresh		Oranges- fresh
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Crackers	Cheerios cereal (WG); Pretzels		Oatmeal Cookies (sweet)	Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Cheese		Yogurt		
Other Foods		Raisins			